

### Chesterton PE key concepts

	Team building/ OAA	Gymnastic	Dance	Yoga	Atheletics	Invasion, striking and fielding, net
Year 1	Team building Instruction Small groups Simple maps	Gymnastics (indoor) Balancing Travelling	Dance (indoor) Speed and direction Performing	Yoga (Indoor) Balance Movement	Athletics Running Jumping Travelling	Invasion games Dribbling Sending and receiving Striking Competitive games Attacking and defending
	Fundamentals Speed Running and jumping Coordination	Ball skills Throwing and catching Team games Striking	Sending and receiving Throwing and catching Team games	Target games Throwing and catching Team games Striking	Net and Wall Throwing and catching Team games Striking	Striking and fielding Throwing and catching Team games Striking
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 2	Team building Instruction Working collaboratively Simple maps	Gymnastics (indoor) Balancing Linking and performing	Dance (indoor) Rhythm, Speed and direction Mirroring	Fitness Travelling Running and jumping Coordination Control and balance	Athletics Running Jumping Control	Invasion games Dribbling Sending and receiving Striking Competitive games Attacking and defending
	Fundamentals Travelling Running and jumping Coordination Control and balance	Ball skills Dribbling Throwing and catching Team games Attacking and defending	Sending and receiving Throwing and catching Team games Attacking and defending	Target games Dribbling Throwing and catching Team games Attacking and defending	Net and Wall Dribbling Throwing and catching Team games Attacking and defending	Striking and fielding Throwing and catching Team games Attacking and defending
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	OAA Instruction Working collaboratively	Gymnastics (indoor) Balancing Creating sequences	Dance (indoor) Canon and unison Performing	Dodgeball Sending and receiving	Athletics Running Jumping	Tag rugby Sending and receiving

	Planning Orienteering			Striking Competitive games Attacking and defending	Throwing	Striking Competitive games Attacking and defending
	Fundamentals Throwing Running and jumping Coordination Control and balance	Netball Dribbling Sending and receiving Striking Competitive games Attacking and defending	Swimming Breathing Gliding Floating	Swimming Coordination Distance Transitions	Tennis Sending and receiving Striking Competitive games Attacking and defending	Cricket Sending and receiving Striking and fielding Competitive games Attacking and defending
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 4	OAA Accurate instructions Communication Planning Orienteering	Gymnastics (indoor) Balancing Planning and performing Strength and control	Dance (indoor) Choreography movement and pattern	Yoga (indoor) balance control planning and performing	Athletics Running Jumping Throwing Coordination	Golf Sending and receiving Striking Competitive games
	Basketball Dribbling Sending and receiving Striking Competitive games Attacking and defending	Football Dribbling Sending and receiving Striking Competitive games Attacking and defending	Handball Sending and receiving Striking Competitive games Attacking and defending	Hockey Dribbling Sending and receiving Striking Competitive games Attacking and defending	Tennis Sending and receiving Striking Competitive games Attacking and defending	Rounders Sending and receiving Striking and fielding Competitive games Attacking and defending
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5	OAA Accurate instructions Communication Strategy Orienteering	Gymnastics (indoor) Balancing Planning and performing Strength and control	Dance (indoor) Choreography Dynamics Performing	Fitness Running Jumping Performance Coordination	Athletics Running Jumping Performance Coordination	Badminton Sending and receiving Striking Competitive games Attacking and defending
	Netball Dribbling Sending and receiving Striking	Football Dribbling Sending and receiving Striking	Dodgeball Sending and receiving Striking Competitive games	Tag rugby Sending and receiving Striking Competitive games	Tennis Sending and receiving Striking Competitive games	Cricket Sending and receiving Striking and fielding Competitive games

	Competitive games Attacking and defending	Competitive games Attacking and defending	Attacking and defending	Attacking and defending	Attacking and defending	Attacking and defending
	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Year 6</b>	OAA Critical thinking Communication Strategy Reflection	Gymnastics (indoor) Balancing Planning and performing Strength and control Transitions	Dance (indoor) Choreography Improvisation Performing	Yoga (indoor) Balance Transition Planning and performing	Athletics Running, Jumping, throwing Accuracy Fluency	Golf Sending and receiving Striking Competitive games
	Basketball Dribbling Sending and receiving Striking Competitive games Attacking and defending	Volleyball Sending and receiving Competitive games Attacking and defending	Handball Sending and receiving Striking Competitive games Attacking and defending	Hockey Dribbling Sending and receiving Striking Competitive games Attacking and defending	Tennis Sending and receiving Striking Competitive games Attacking and defending	Rounders Sending and receiving Striking and fielding Competitive games Attacking and defending